



A LITERATURE REVIEW ON MEDICATIONS MENTIONED FOR EYE DISEASES (KAN NOIGAL) IN SELECTED SIDDHA LITERATURES

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ABSTRACT

BACKGROUND:

Eye care and treatment has been given much prominence in the siddha system of medicine from time immemorial. The types of eye disorders, their etiology, treatment, and preventive measures to protect the eye from the diseases are all mentioned in various siddha literatures.

OBJECTIVE:

To provide an updated overview of medicines used for eye diseases in siddha literatures and to list out the medications used in eye diseases.

MATERIALS AND METHODS:

The data about eye diseases and its treatment are collected from Government Siddha Medical College Library, Central Council for Research in Siddha Library, Anna Centenary Library, Siddha literatures such as Agathiyar Nayana vidhi, Nagamuni Nayana vidhi, Sarabendra vaithiya muraigal (Nayana Roga Chigichai), Anuboga Vaithiya Navaneedham, Kannusamy Parambarai Vaithiyam etc and also the information about eye diseases is collected from the articles published in reputed journals such as Pubmed and google scholar.

RESULT:

The study will be useful for standardization and evaluation of eye medications and beneficial for future generations to carry out the research process on new eye medications.

CONCLUSION:

There is a need to understand the importance of routine eye care because any impairment in our vision leads to dependency on others. So I conclude that this study will be beneficial for routine eye care and the research process on new eye medications.

KEYWORDS: Eye disorders, Routine eye care etc.

INTRODUCTION

1. BACKGROUND:

Siddha system of medicine is the earliest traditional medicine system in the world which treats not only the body but also the mind and the soul. The word siddha has its origin in the Tamil word Siddhi which means “an object to be attained” or “perfection” or “heavenly bliss”. The roots of this system are intertwined with the culture of ancient Tamil civilization. Siddhars were the premier scholars of this system in ancient times. Siddhars, mainly hailing from Tamil Nadu laid the foundation for Siddha system of medicine. Agasthiyar is believed to be the founding father of Siddha medicine. Eighteen Siddhars are considered to be the pillars of Siddha medicine. This system connects both spiritual and physical and treats the person as a whole i.e concentrates the physical, psychological, social and spiritual well being of an individual. There are 4448 disease classifications mentioned in our siddha literature.

Their etiology, treatment method, preventive measures all are explained in many of the siddha literature, among them eye diseases are classified into 96 types. Eye care and treatment has been given much prominence in the siddha system of medicine from time immemorial. Because “*Kannir sirandha urupillai..*” which means no organ is better than the eye. As the eye is the organ of the element of the fire, it helps us to see the shapes and colors. Eye vision is useful to us to go from one place to another and to visualize many things. It is indeed our duty to protect the eyes which have such great uses free from all diseases [24].

2. AIM AND OBJECTIVE:

To provide an updated overview of medicines used for eye diseases in Siddha literatures and to list out the medicines used in eye diseases.

3. METHODOLOGY:

3.1. Study Design:

A literature review on medications mentioned for Eye diseases in selected Siddha literatures.

3.2. Study Period:

3 months.

3.3. Data Collection:

The review of classical siddha literatures explain many types of eye diseases and treatment methods. The classical siddha literatures taken for review are, [1]Agathiyar - Nagamuni Nayanavidhi, [2] Agathiyar Kurunthirattu, [3] Agathiyar Vaithiya Sindhamani, [4] Therayar Andhadhi, [5] Therayar Kappiyam, [6] Therayar Vaithiya Kaviyam, [7] Therayar Vaithiyam 1000, [8] Therayar Thyla Varukka Surukkam, [9] Brammamuni Vaithiya Soothiram Part - 2, [10] Brammamuni Maruthuva Vilakkam, [11] Pulipani Marundhugal, [12] Dhanvanthiri Baghavan Thylam 500, [13] Sarabendrar Vaithiya Muraigal (Nayana Roga Chigichai), [14] Nayana Roga Chikitcha Deepam, [15] Chikitcha Rathna Deepam, [16] Kannusamy Parambarai Vaithiyam, [17] Siddha Vaithiya Thirattu, [18] Siddhar Aruvai Maruthuvam, [19] Anuboga Vaithiya Navaneedham Part - 8, 9, 10, [20] Koshayi Anuboga Vaithiya Brama Ragasiyam.

3.4. Data Analysis:

The data collected were processed, compared and interpreted about the internal and external medicines mentioned in siddha literature for eye diseases.

4. REVIEW OF LITERATURES:

Anatomy Of Eyes:

Eyes are the most important among the five devices that nature has given us. According to *Agathiyar Nayanavidhi 500*, the anatomy of eyes are described as given below: The eyes are located in the cavity at the front of the skull. They are spherical in shape. Eyes are 2 inches in long, 1/2 inch in width (which indicates thickness of the thumb), 1 inch in depth. The black part occupies one third of the eye. The pupil occupies one seventh of the black part[18].

Classification of Eye Diseases:

According to siddha literature, there are 96 types of eye diseases. The etiology of eye diseases are classified on the basis of imbalances in three humors, vatham, pittham, kabham and the affected parts such as the white part, black part or inner part of the eye.

Agathiyar Nayanavidhi 500 classifies the eye diseases that occur in various parts of the eye. Classification of eye diseases according to the affected parts: [1] Diseases of lens and pupil 27, [2] Diseases of black of the eye 10, [3] Diseases of the white of the eye 13, [4] Diseases of binding unions 9, [5] Diseases of upper and lower eyelids 24, [6] Diseases of the eyeball 13[18].

Categorization Of Ophthalmic Treatment In Siddha Literatures:

Here I want to discuss about some important siddha medications mentioned in Siddha literatures for eye diseases such as *Maalaikkann*, *Poo*, *Amaram*, *Vellezhuthu*, *Kann padalam*, *Puzhuvettu*, *Kaasam* and also for routine eye care to rectify parvai mandham.

External Therapies:

From this review, some of external therapies collected from siddha literatures are interpreted here:

1. In *Brammamuni Vaithiya Soothiram, Part-2*, ottradam is mentioned which will be helpful for routine eye care. Cumin seeds with breast milk (ottradam) and cooked rice with castor oil fomentation (ottradam) will be beneficial for routine eye care. Garlic is used in blowing (oodhal) method as a preventive measure for blindness which occurs due to *vysur*..[10]
2. In *Anuboga Vaithiya Navaneedham Part 10*, Ponnanganni keera fomentation (ottradam) is given for itchy and burning eyes, glare in eyes which will be helpful for routine eye care. [9]
3. In *Agathiyar Nayanavidhi 500*, Brick with breast milk is used in vedhu (steam therapy). [4]
4. In *Agathiyar Nayanavidhi 500*, Kaadi (Fermented water) with Triphala is used in vedhu (steam therapy) will be beneficial for routine eye care and even blind may get vision.[4]

External Medicines:

From this review, external medicines for eye diseases collected from siddha literatures are interpreted here:

Mai:

1. In *Therayar Vaithiya Kaviyam*, mai prepared using *Venthamarai ilai sambal* is beneficial for *Maalaikkann*. [22]
2. *Kandar Anjanam*, mentioned in *Agathiyar Nayanavidhi 500* is beneficial for *Poo*. [4]
3. *Thuthanjanam* (Combination of cow urine, goat urine, fermented water, breast milk, ghee, honey, water) mentioned in *Siddha Vaithiya Sigichai Kiramam* is useful for all types of eye disease and the vision will be similar to eagle's vision.[25]
4. In *Therayar Kappiyam*, Kann mai combination of ponnanganni ver, Musumusukai ver, seenthil ver and mail thutham is useful for all types of eye disease. [21]
5. *Nethiranjnam* mentioned in *Cikitcha Rathna Deepam* helpful in *Paarvai mandham*, *Poo* and restores the vision after 40 years due to age related factors.[11]

Thyalam:

Eyes are created and maintained by fire elements. Fire element or pittha is responsible for visual perception, Whenever there is excess heat in the body it may result in eye disease. Aggravation pittha will result in diminished eyesight. According to siddha literature oil baths will help to control pittha and are helpful for routine eye care.

1. *Kumari thylam* mentioned in **Kannusamy Parambarai Vaithiyam** is useful in the treatment of *Amaram*. [13]
2. *Murungai vidhai thylam* mentioned in **Sarabendrar vaithiya muraigal (Nayana Roga Chigichai)** is useful in the treatment of *Poo*. [17]
3. *Vettiver thylam* mentioned in **Dhanvantiri thylam 500** is useful in the treatment of *Poo* and *Amaram*. [12]
4. *Nethiranjana thylam* mentioned in **Dhanvantiri thylam 500** is useful in the treatment of *Poo*. [12]
5. *Vellezhuthu thylam* mentioned in **Anuboga Vaithiya Navaneedham** Part 10 is useful in the treatment of *Vellezhuthu*. [9]
6. *Karbogarisi thylam* mentioned in **Dhanvantiri thylam 500** is useful in the treatment of *Maalaikkann*. [12]
7. *Nethira Roga Snana Thylam* mentioned in **Kannusamy Parambarai Vaithiyam** is effective to treat vision loss due to jaundice. [13]
8. For good vision: *Kaiyanthagari Ennai* from **Sarabendrar Vaithiya Muraigal (Nayana Roga Chigichai)** [17]. *Sanjeevi thylam* from **Chikitcha Rathna Deepam** [11]. *Vilva thylam* from **Vaithiya Kalanjiam** [26]. *Sandhanadhi thylam* from **Therayar Kappiyam** [21]. *Kann pugaichaluku ennai* from **Agathiyar Vaithiya Sindhamani** [6] are mentioned in our siddha literatures.

Mathirai:

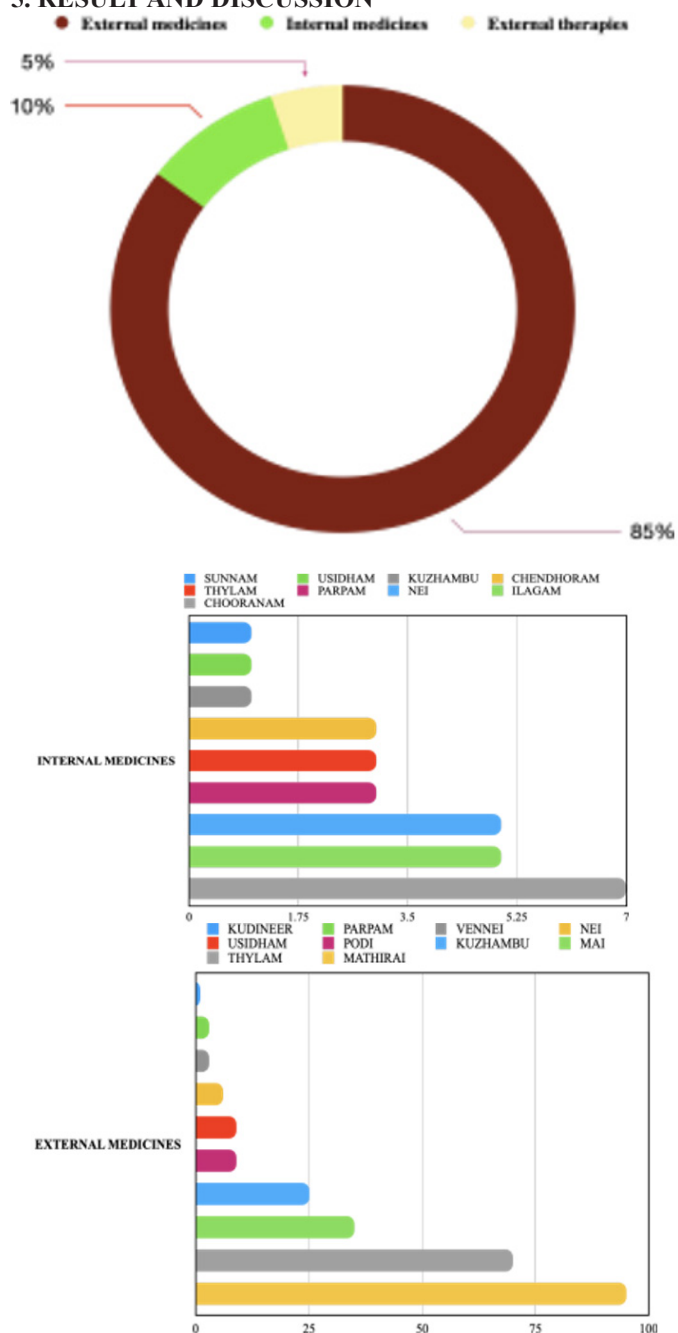
1. *Pachai mathirai* from **Pararasasekaram Nayana Vidhi** is useful in all types of eye disease. [27]
2. *Nethra Chandhrodhayam* from **Shree Vallabendran Vaithiya Sindhamani** cures 50 years of cataract within 10 days. [28]
3. *Vellezhuthu mathirai* from **Anuboga Vaithiya Navaneedham, Part 10** is beneficial in *Vellezhuthu*. [9]
4. *Saranai Urundai*, from **Vaithiya Thirattu** is beneficial for dull vision. [29]
5. *Amara mathirai* from **Agathiyar Nayanavidhi 500** is useful for *Amaram* in pediatric cases. [4]
6. *Pasuvini Pal Mathirai* from **Nagamuni Nayanavidhi 200** cures *Poo* and improves dull vision. [4]
7. *Padalathi mathirai* from **Nayana roga chikitcha deepam** is beneficial for *Poo*. [15]
8. *Muthathi Mathirai* from **Agathiyar Kurunthirattu** is beneficial in all types of eye disease. [5]
9. *Nethiranjana kuligai* from **Therayar Vaithiya Kaviyam** is beneficial in treatment of *Kann padalam*. [22]
10. *Lingathi mathirai* from **Agathiyar Nayanavidhi 500** is useful for *Puzhuvettu*. [4]

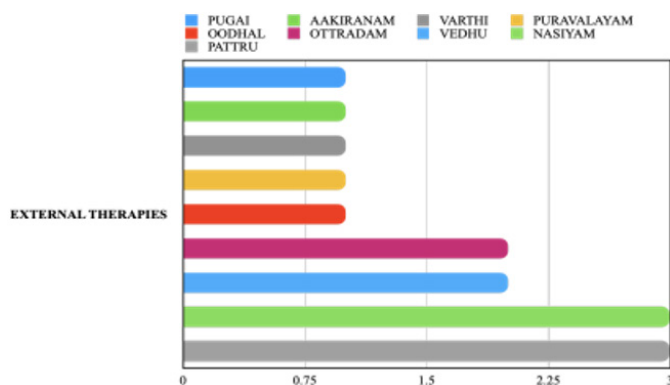
Internal Medicines:

1. *Pudalathi kirutham* from **Nagamuni Nayana Vidhi 200** is useful for 8 types of *Kasam*. [4]
2. *Ponnanganni nei* from **Vaithiya Kalanjiam** is useful for all types of eye disease. [26]
3. *Rasa bhasmam* from **Koshayi Anuboga Vaithiya Brama Ragasiyam** is useful for all types of eye disease. [14]
4. *Kalnar parpam* from **Sarabendrar Siddha Maruthuva Sudar** is effective in *Maalaikkann*. [30]

5. *Aroodha chooranam* a polyherbal formulation from **Chikitcha Rathna Deepam Part 2 - Vaithiya Sindhamani** is useful for dull vision [16].
6. *Amalaga ilagam*, from **Anuboga Vaithiya Navaneedham**, Part 8 improves dull vision [7].
7. *Karsooradhi ilagam* from **Sarabendrar Vaithiya Muraigal (Nayana Roga Chigichai)** relieves burning sensation of eyes. [17]
8. *Then kuzhambu* from **Sarabendrar Vaithiya Muraigal (Nayana Roga Chigichai)** is useful for all types of eye disease. [17]
9. *Sagadevi thylam* from **Siddha Vaithiya Thirattu** is useful in all types of eye disease. [19]
10. *Saradai thylam* and *Murungai thylam* from **Sarabendrar Vaithiya Muraigal (Nayana Roga Chigichai)** is useful to treat 5 types of *kasam*. [17]

5. RESULT AND DISCUSSION





Out of the 37 literatures reviewed, a total of 300 medicines were collected. These comprised 85% external medicines which includes Usidham 9 formulations, kuzhambu 25 formulations, thylam 70 formulations, nei 6 formulations, parpam 3 formulations, Kudineer 1 formulation, Podi 9 formulations, mathirai 95 formulations, mai 35 formulations, vennai 3 formulations. 10% internal medicines were collected which includes ilagam 5 formulations, Usidham 1 formulation, kuzhambu 1 formulation, Sunna 1 formulation, chooranam 7 formulations, Chendhooram 3 formulations, thylam 3 formulations, nei 5 formulations, parpam 3 formulations. 5% external therapies were collected which includes aakiranam 1 formulation, Pattru 3 formulations, vedhu 2 formulations, oodhal 1 formulation, pugai 1 formulation, otrradam 2 formulations, varthi 1 formulation, nasiyam 3 formulations, puravalayam 1 formulation.

The World Health Organisation's inaugural World vision report revealed that globally, more than 2.2 billion individuals are affected by some form of vision impairment. Out of these 2.2 billion, 1 billion people are suffering from conditions that are preventable. The report cautioned about the significant rise in vision impairment and blindness due to aging macular degeneration, uncorrected myopia, lifestyle modifications and dietary patterns. According to the 2010 Global Burden of Disease Study and other worldwide meta-analyses, 32.4 million individuals worldwide were blind and 191 million individuals were visually impaired in 2010. Globally, the leading overall cause of blindness was cataract, followed by uncorrected refractive error. Uncorrected refractive error was the leading global cause of moderate to severe visual impairment, followed by cataract. National Programme for Control of Blindness and Visual Impairment (NPCB) was launched in the year 1976 as a 100% centrally sponsored scheme by the Ministry of Health & Family Welfare. The goal of this programme was to reduce the prevalence of blindness to 0.3% by 2020. NPCB was aimed to provide for "Eye Health for All" and prevention of visual impairment, through the provision of comprehensive universal eye care services [1],[2]. Through this review I want to convey that Siddha Ophthalmic medications will be helpful and most supportive to treat major eye disorders without failure and reduce the prevalence of visual impairment.

6. CONCLUSION:

Eye being the most crucial among the five sense organs which is very essential to do our daily tasks. To overcome the major eye disorders such as Maalaikann, Poo, Amaram, Vellezhuthu,

Padalam, Puzhuvettu, Kaasam without surgery and for routine eye care our siddha medicines will be very helpful. This review paves the way for further research process on eye medications in future and to attain a new milestone in siddha ophthalmology.

Disclaimer:

The products used for this research are commonly and predominantly used in our area of research and country. There is absolutely no conflict of interest between the authors and producers of the products because we do not intend to use these products as an avenue for any litigation but for the advancement of knowledge. Also, the research was not funded by the producing company rather it was funded by personal efforts of the authors.

Consent:

It is not applicable.

Ethicalapproval:

It is not applicable.

Competing Interests:

Author has declared that no competing interests exist.

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